

## **SWIMMING LESSONS AT EAST WINDSOR PARK**

Swimming lessons for children will be held at the East Windsor Park, Reservoir Ave., Broad Brook, beginning June 23rd. The lessons will be for all levels from pre-beginners to the advanced swimmer. Student must attain the age 5 as of December 31, 2008. Registration will be held at the East Windsor Park gatehouse. The gatehouse is open from 10:00 a.m. – 5:00 p.m. on the weekends only starting June 6<sup>th</sup>. The park will open daily for the season beginning June 21st; hours of operation will then be 9:00 am – 7:00 pm. For questions, please call the East Windsor Park gatehouse at 623-8375.

### **MORNING SESSIONS**

<b><u>DATES</u></b>	<b><u>TIMES (for all three sessions)</u></b>
Session 1: June 23-27	8:45 - 9:25 Level 5 (swimmer)
June 30 – July 3	9:30 - 9:55 Level 4 (intermediate)
July 7	10:00 - 10:25 Level 3 (advanced beginner)
	10:30 - 10:55 Level 2 (beginner)
Session 2: July 10-11	11:00 - 11:25 Level 1 (pre-beginner)
14-18	11:30 - 11:55 Level 2 (beginner)
21-23	12:00 - 12:45 Levels 6 & 7 (advanced)
Session 3: July 28-Aug. 1	
Aug. 4-8	

### **EVENING SESSION**

The session will run from June 30<sup>th</sup> to July 31<sup>st</sup>. Classes will meet twice a week at East Windsor Park as follows:

Level 1 (pre-beginner)	Monday and Tuesday	5:30 - 5:55 p.m.
Level 2 (beginner)	Monday and Tuesday	6:00 - 6:25 p.m.
Level 3 (advanced beg.)	Wednesday and Thursday	5:30 - 5:55 p.m.
Level 4 (intermediate)	Wednesday and Thursday	6:00 - 6:25 p.m.

<b>FEES</b>	\$20.00 per child, per session, with a Season Pass
	\$30.00 per child, per session, without a Season Pass
	\$60.00 for four or more children, in the same session, with a Season Pass

### **COURSE DESCRIPTIONS**

See Reverse Side

# Swim Level Descriptions

## **American Red Cross Levels I through VI**

### **Level One - Introduction to Water Skills**

Enter and exit water safely. Supported floating and kicking on front and back. Open eyes underwater, submerge to retrieve objects. Submerge mouth, nose, and eyes. Exploring arm and hand movements. Exhale underwater. Explore swimming on front and back. Water safety rules. Fundamentals of using a life jacket.

### **Level Two - Fundamental Aquatic Skills**

Enter and exit water using ladder or side. Tread water. Glide on front and back. Floating and kicking on front and back. Explore swimming on side. Turning over front to back, back to front. Enter water by stepping or jumping from side. Open eyes underwater, submerge to retrieve objects. Combined stroke on front and back. Moving in water using a life jacket. Rhythmic breathing.

### **Level Three - Stroke Development**

Jumping into deep water from side. Rotary breathing. Butterfly kicks and body motions. Changing positions from vertical to horizontal on front to back. Dive from sitting or kneeling. Survival float. Perform HELP and huddle positions. Submerge fully and retrieve object. Swim front and back crawl. Reaching assists. Bob with head submerged. Use Check-Call-Care in an emergency.

### **Level Four - Stroke improvement**

Dive from compact or stride position. Breaststroke, backstroke, and butterfly. Tread water using sculling arm motions and kick. Swim underwater. Diving safety. Throwing assists. Perform feet-first surface dive. Swim on side using scissors kick. Familiarity with CPR. Open turns from front to back. Compact jump into water from a height wearing life jacket.

### **Level Five - Stroke Development**

Alternate breathing. Improve front and back crawl. Butterfly. Breaststroke. Sidestroke. Shallow dive and begin swimming. Front flip turn. Treading water using two different kicks. Backstroke flip turn. Survival swimming. Rescue breathing. Tuck and pike surface dives.

### **Level Six - Swimming & Skill Proficiency**

Prepare for advanced courses. Personal water safety. Lifeguard readiness. Fundamentals of diving. Fitness swimmer.